



IMPROVING THE PHYSICAL FITNESS OF CADETS OF THE ACADEMY OF THE REPUBLIC OF UZBEKISTAN WITH THE HELP OF CROSSFIT TOOLS AND METHODS

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Annotation. The widespread introduction of physical culture and sports into the lifestyle of a modern person is currently acquiring important social and hygienic significance. This is due to the peculiarities of modern civilization, which creates conditions for a sharp restriction of motor activity in everyday life and work – the most important stimulator of vital processes. The main value of physical culture and sports, especially in our time, is the creation of the ideal of a decent lifestyle and the image of a harmoniously developed person. Our physical education system has a set of preventive and hygienic measures aimed at the comprehensive development and maintenance of physical performance and motor activity of people for many years to come.

Keywords: crossfit, physical culture, sport, healthy lifestyle, cadet, psychophysiology, health

In recent years, physical culture and sports have been steadily, albeit slowly, entering the life of the people. Mass forms of physical culture undoubtedly help to solve the problems of health improvement, increase physical fitness, and, consequently, some socio-economic problems.

In modern science, physical culture is considered an objective need of society, has an extensive structure and performs the following main functions: health-improving, preventive, economic, educational, political, cultural and entertainment. The role of physical culture and sports in the formation of a healthy lifestyle is great. According to a number of scientists, the health-improving potential of physical culture and mass sports, if fully utilized, would ensure a steady increase in performance, prevent mass diseases and achieve an increase in life expectancy.

Solving the problem of forming a healthy lifestyle by means of physical culture and sports is especially important for such a group of young people as cadets of educational institutions of the Ministry of Internal Affairs, where various physical education and sports activities fully contribute to the development of such important personality qualities as perseverance, determination, will, hard work, determination, help get rid of bad habits.

At the moment, the attention of researchers has also increased to the development of the problem of forming a healthy lifestyle of young people by means of physical culture and sports as the most effective, contributing to the development of positive behavioral traits of a healthy lifestyle. By highlighting the problems of physical culture and sports, modern research contributes to the development of a scientific worldview of a methodically correct attitude to physical culture and sports, understanding the connection of this area with the vision of a healthy lifestyle. Physical culture at the end of the 20th century is increasingly recognized as almost the only means of a non-utilitarian plan capable of ensuring physical perfection, general and special readiness of a person to perform the most important socially conditioned functions (labor, intellectual, defense), successfully

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combat hypokinesia and eliminate the imbalance between the body's need for movement and the real motor regime under the existing image life. In general, it is aimed at using everything that contributes to the full-fledged development of the individual, realizes the possibilities for everyone to achieve physical perfection and long-term health preservation, provides physical preparation for creative work and other socially necessary activities.

The problem of a healthy lifestyle in the conditions of modern social, environmental and radiation conditions is becoming increasingly relevant in the theory and methodology of physical education. Solving the problem of forming a healthy lifestyle by means of physical culture and sports is especially important for such a group of young people as cadets of educational institutions of the Ministry of Internal Affairs. The formulation of the problem of a healthy lifestyle in the field of vocational training of cadets of educational institutions of the Ministry of Internal Affairs is not accidental, because a modern specialist should differ not only in a high level of professional training, but also in good health. In this case, physical culture and sports become the most important factors in ensuring a high functional state of the body, optimal intellectual performance and the formation of professionally valuable personal qualities.

Considering the above, it should be noted that, firstly, the processes of formation and functioning of a healthy lifestyle and physical culture of cadets of educational institutions of the Ministry of Internal Affairs have a certain specificity; secondly, physical culture and sport act as one of the components of a favorable socio-psychological atmosphere in the learning process and actively influence the full development of the personality of a future employee.

At the same time, the mass media acquire special importance as a factor of management, education, and informing about a healthy lifestyle.

The most topical and important are socio-pedagogical tasks, the solution of which contributes to the formation of such important personality qualities as self-organization, spiritual needs, sustainable interests and others. However, along with the fact that a healthy lifestyle is given a large place in scientific research, there is still a vital practical question of how to become healthy and remain so for quite a long time.

It is necessary to note the social importance of physical culture and sports as an effective means of strengthening mental and physical health, the economic and defense potential of the country, rational, cultural spending of free time, meeting the spiritual needs of cadets of educational institutions of the Ministry of Internal Affairs.

In conclusion, it should be noted that physical education is of great importance in the formation of a harmoniously developed personality who takes his state of health seriously. The process of physical education, aimed at the physical perfection of the individual, allows you to become spiritually richer, morally physically healthier, more perfect. Currently, physical education is one of the necessary elements of the general system of youth education, solving practical goals and objectives: preparing young people for work (production) activities, to defend their Homeland. Opportunities to engage in physical culture and sports, constantly improve their health in our country are given to every person from childhood to old age.

It should be noted that the transformation of moral beliefs among those engaged in physical education and sports into strong, everyday, healthy norms of behavior is not brought up by sport and physical culture itself, but first of all experienced, literate, spiritually and morally mature teachers and coaches, the entire team in which a personality is formed.

Physical education and sports in such a team obliges those involved not only to overcome difficulties that arise on the way to achieving the goal, to comply with the norms of moral behavior established in sports, but also to abandon bad habits incompatible with the goals of health promotion.



A large number of scientific and methodological works emphasize the importance of every coach, teacher, teacher, educator being able to instill in his students the right view of physical culture and sports, to teach them to look at sports as something wonderful, very important and necessary for a healthy lifestyle.

All this indicates that life itself urgently requires the widespread use of physical education, physical education and sports in the entire range of activities related to increasing the effectiveness of the formation of a healthy lifestyle for young people.

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